

# 2009

## Health Education

Programs, Information  
& Resources

For Kids, Adults & Seniors

"CIGNA" and the "Tree of Life" logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries, including Connecticut General Life Insurance Company, and not by CIGNA Corporation.

CMG does not participate in all health plan networks. If CMG, CMG Urgent Care and/or CMG CareToday is a participating provider in your health plan network, applicable copayments, coinsurance and deductibles will apply. Special CIGNA Medicare Part D rules apply.

Cigna Medical Group (CMG), CMG Urgent Care Centers and its CMG CareToday clinics are operating divisions of CIGNA HealthCare of Arizona, Inc.

© 2008 CIGNA



591382e 11/08



591382e 11/08





# CIGNA MEDICAL GROUP HEALTH EDUCATION DEPARTMENT

Email: [CMGHealthEducation@cigna.com](mailto:CMGHealthEducation@cigna.com)

website: [www.cmgaz.com](http://www.cmgaz.com)

Telephone: 602.861.7260

## TABLE OF CONTENTS

ABOUT OUR HEALTH EDUCATION DEPARTMENT .....	2
REGISTRATION .....	3
CHRONIC DISEASE SELF-MANAGEMENT PROGRAM .....	4
DIABETES SELF-MANAGEMENT TRAINING .....	6
FALL PREVENTION .....	7
GOLDEN VITALITY .....	8
HEALTH EDUCATION AT THE WORKSITE .....	9
HEALTHY EATING CLASS .....	9
HEALTHY WEIGHT – KIDS CLASS .....	9
HEART FAILURE EDUCATION .....	10
MEDICAL NUTRITION THERAPY .....	11
TAI CHI .....	11
TOBACCO CESSATION .....	12
WEIGHT-TO-GO! .....	13
PREVENTIVE HEALTH GUIDELINES .....	14

IN EMERGENCY SITUATIONS

# Call 911

OR GO TO THE NEAREST  
EMERGENCY ROOM

# ABOUT OUR HEALTH EDUCATION DEPARTMENT

Cigna Medical Group’s (CMG) Health Education Department is staffed by health educators, nurses, and registered dietitians to help individuals develop and maintain healthier lifestyles. By providing comprehensive educational resources and high quality programs and services, CMG strives to assist individuals in making choices that promote optimal health.

Please join us in taking a step toward better health by participating in a CMG Health Education class whether you are:

- thinking about making a change;
- ready to make a change; or
- simply want to further enhance your health.

CMG’s Health Education Department has classes, resources, and programs to help you each step of the way.



# HEALTH EDUCATION REGISTRATION

To register for health education classes listed in this brochure, simply call the Health Education Department at 602.861.7260 or email us at CMGHealthEducation@cigna.com.

A minimum number of participants is required for classes to be held. We reserve the right to cancel those classes not meeting this requirement. Depending on your coverage, you may be charged for classes. Non-customers are welcome to attend any of our classes for a slightly higher fee, so register and bring a family member or friend. Check with us for additional classes and times.

A 24-hour notice of cancellation is required for full registration fee refund.

# DIABETES EDUCATION REGISTRATION

To make an appointment with a Diabetes Educator or to register for a Diabetes class, please call one of the HealthCare Centers listed below:

## EAST VALLEY

Chandler	480.821.7565
CJ Harris	480.345.5085
Scottsdale	480.840.0800
Superstition Springs	480.641.4000

## CENTRAL VALLEY

Clyde Wright	602.271.5201
Paradise Valley	602.404.5200
South Mountain	602.276.5565

## WEST VALLEY

Deer Valley	602.843.7900
Paseo	602.588.6601
Sun City	623.876.2829
Westridge	623.849.7500

For general diabetes information, call:  
623.876.2355



# CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

## Living a Healthy Life with a Chronic Condition

This six-week course, held for 2-1/2 hours each week, is designed for individuals who have a chronic disease like asthma, arthritis, congestive heart failure, diabetes, high blood pressure or heart disease. Developed and evaluated by Stanford University, this course focuses on all chronic conditions rather than a specific disease.

You will develop the skills and confidence needed to coordinate all aspects of managing your health as well as to maintain an active and fulfilling life. Subjects covered include:

- Frustration, fatigue, pain, and isolation
- Appropriate exercise including strength, flexibility, and cardiovascular endurance
- Appropriate use of medications
- Eating healthy
- Goal-setting and problem-solving

Each participant will receive a workbook, *Living a Healthy Life with Chronic Conditions* and an audio relaxation tape, *Time for Healing*, as well as a *State of Arizona Life Care Planning Packet*. Classes are held at various CMG locations at a variety of times.

To register, or for more information,  
call or email us at:  
602.861.7260  
[CMGHealthEducation@cigna.com](mailto:CMGHealthEducation@cigna.com)



## DIABETES SELF-MANAGEMENT TRAINING

*Follow the A, B, C Path to plan your diabetes education*

### Assessment

Meet with a diabetes educator to discuss your individual care plan. This individual appointment is required before entering the Basic Class Series.

### Basic Class Series

These classes offer an extensive, personalized program of diabetes education. After your individual assessment, you will enter a series of classes addressing key issues in diabetes self-management. Upon completion of the classes, you will be encouraged to follow up in a group setting or individually. Group education is free to CIGNA Medicare Select® individuals. Others are asked to contact customer services for diabetes group education coverage information. Family members are always welcome and encouraged to accompany you at no charge. Non-CIGNA customers (fee-for-service) are welcome but advised to consult their own customer services departments for coverage information.

### Continuing Diabetes Education

If you have completed the Assessment and Basic Class Series but would like to stay connected to your diabetes education team, this class may be for you. It is held at various times during the year to provide updated information, self-care motivation, and the opportunity for you to get your questions answered by certified diabetes educators. Payment may be required, depending on your coverage.

### Intensive Insulin Management Class

If you are using insulin and want to learn carbohydrate counting, pattern management and strategies for improved control of your diabetes, this class may be for you. The Assessment and Basic Class Series are required before enrolling in this class.

### Gestational Diabetes Education

If you are diagnosed with diabetes during your pregnancy, Cigna Medical Group recommends that you see a diabetes educator. You will receive a blood glucose testing machine, an individual diet plan, and will learn the principles of proper blood glucose control to help ensure the delivery of a healthy baby.

### Diabetes Education for Non-English Speaking Patients

Individual instruction is available with language assistance through interpreters and a telephone language service.

## FALL PREVENTION

One of the greatest fears among senior populations is the fear of falling. Statistics have shown that one in three older adults living at home fall each year. Falling can lead to hospitalization, increased medical costs, a loss of confidence, and/or a loss of independence. Therefore, Cigna Medical Group has a free Fall Prevention DVD for our Medicare Select customers to help decrease the chance of falling or develop a fear of falling.

The DVD reviews six different areas where you can decrease your chance of falling. This includes learning how to modify your home, eating a healthy diet, checking your vision and hearing regularly, medication interactions and physical activity.

If you would like a copy of the DVD, please talk to your doctor or request one at your next visit. If you do not have a DVD player, ask your doctor for an informational brochure about Fall Prevention. The brochure addresses the same topics as the DVD.

## GOLDEN VITALITY

Golden Vitality is a free, comprehensive wellness program for our CIGNA Medicare Select customers. It is designed to encourage positive lifestyle choices and educational opportunities to help you make informed health care decisions. By joining Golden Vitality you will be able to take advantage of the following:

- Earn rewards for following recommended preventive health measures.
- Get reimbursed up to \$200 per year for your fitness club membership.
- Track your annual screenings in a Wellness & Preventive Screening Record booklet.
- Assess your health and wellness by completing the online Health Assessment at [www.myCIGNA.com](http://www.myCIGNA.com).
- Attend Cigna Medical Group Health Education Classes.
- Access a variety of educational resources through [www.myCIGNA.com](http://www.myCIGNA.com), Healthy Rewards®\* and the CIGNA 24-Hour Health Information Line<sup>SM</sup>.

To register, or for more information, call or email:  
1.800.592.9231 (select prompt 3)  
[goldenvitality@cigna.com](mailto:goldenvitality@cigna.com)

\* "Healthy Rewards" is a discount program. Some Healthy Rewards programs are not available in all states. If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your Medical benefits. A discount program NOT insurance, and the member must pay the entire discounted charge.



## HEALTH EDUCATION AT THE WORKSITE

The Health Education Department has a wide variety of classes that can be presented at your place of business. We have an extensive listing of classes available to you. Examples of classes offered include:

- Back Care
- Exercise
- Healing with Humor
- Hypertension
- Stress Management

Contact your Employee Benefits Department for more information on how to bring classes to your worksite. Simply have them contact their Client Service Specialist for more information and for a complete listing of our health educational class offerings. A 10-person minimum is required for a class to be held at the worksite. Classes also require a fee to cover the cost of materials and instruction.

## HEALTHY EATING CLASS

Learn how to...

- Eat to lose or maintain weight
- Eat to manage cholesterol
- Eat to manage your blood pressure
- Eat to prevent Type 2 diabetes

To register, or for more information, call:  
623.876.2355

## HEALTHY WEIGHT – KIDS CLASS

This is an interactive group education program designed to help children and their parents learn eating habits to promote a healthy weight. The groups are divided by age (younger kids age 6–12 and teens).

To register, or for more information, call:  
623.876.2355



## HEART FAILURE EDUCATION

Learn how to help us help you. Knowing more about your condition can help you to improve your quality of life and prevent further damage to your heart. You will learn about your medications, the importance of diet and the symptoms that require immediate medical attention.

To register, or for more information,  
call: 623.876.2355



## MEDICAL NUTRITION THERAPY

### Individual Counseling

Registered dietitians are available for all medical nutrition needs. Please consult customer services for coverage information. Non-customers (fee-for-service) are welcome but advised to contact their own member services departments for coverage information.

To register, or for more information, call:  
623.876.2355

## TAI CHI

Tai Chi is the ancient Chinese art of relaxation and healing. It has been recognized by medical experts as a practical, effective way to alleviate chronic pain, reduce stress, lubricate joints, decrease your chance of falling, and fortify your immune system. You may find renewed energy and vitality through Tai Chi. Great focus, awareness, and concentration will help you deal with life's challenges while bringing you into a state of inner harmony.

### Tai Chi 1: For the Beginner\*

This multi-session class provides a gentle fitness program for the body, mind, and spirit. Participants can expect to experience increased balance, flexibility, and strength.

### Tai Chi 2: For the More Advanced\*

This multi-session class is a follow-up to the initial class for those who are ready to move on to the next level. You must have completed Tai Chi 1 in order to enroll in this class.

*\* Locations and length of series may vary.  
Participants cannot attend Tai Chi 1 and 2  
at the same time.*

To register, or for more information,  
call or email us at:  
602.861.7260  
CMGHealthEducation@cigna.com

## TOBACCO CESSATION

### Arizona Smokers' Helpline (ASH)

The Arizona Smokers' Helpline (ASH) provides tobacco use cessation services to all Arizona residents for all forms of tobacco addiction. ASH is a free, confidential, telephone-based counseling program designed to help you quit tobacco. You will receive educational materials discussing the preparation needed for quitting, the quitting process, and other concerns about quitting tobacco. You may also receive counseling by phone at a time most convenient for you.

#### This service is offered:

- In both English and Spanish
- Monday through Thursday – 8:00 a.m. to 8:00 p.m.
- Friday – 8:00 a.m. to 6:00 p.m.
- Saturday – 10:00 a.m. to 4:00 p.m.

#### You may contact ASH by:

- Phone – 1.800.556.6222
- Email – [ashline1@u.arizona.edu](mailto:ashline1@u.arizona.edu)
- Website – [www.ashline.org](http://www.ashline.org)

Stop Smoking classes are also offered valley-wide and will give you the skills necessary to quit tobacco successfully. Simply contact the Arizona Smokers' Helpline for the location of these classes in your area.

*Ashline offers discounts on Nicotine Replacement medications (i.e. patches, gum, lozenges).*

*The Arizona Smokers' Helpline is made available as a free service to the citizens of Arizona through funding provided by the Tobacco Tax and Health Care Act, as disbursed by the Arizona Department of Health Services Tobacco Education and Prevention Program (TEPP) in partnership with the Mel and Enid Zuckerman College of Public Health at the University of Arizona.*

**Visit the ASH website at [www.ashline.org](http://www.ashline.org)**

## WEIGHT-TO-GO!

Weight-to-Go! is a comprehensive eight-week weight management program based on the Dietary Guidelines for Americans. It is designed to promote weight management by giving you the tools, habits, knowledge, and skills needed to manage your weight through healthy eating and physical activity.

You will learn:

- How to make smart choices and get the most nutrition for your choices
- Portion Control
- Calories in versus calories out
- Sources of calories
- "Problem" food groups
- Meal-planning
- The value of physical activity
- Goal-setting

Let us help you find your healthy balance!

To register, or for more information,  
call or email us at:  
602.861.7260  
[CMGHealthEducation@cigna.com](mailto:CMGHealthEducation@cigna.com)





# PREVENTIVE HEALTH GUIDELINES



CIGNA HealthCare defines preventive care as periodic well visits, routine immunizations and routine screenings provided to you when you have no symptoms or have not been diagnosed with a disease. Additional immunizations and screenings may be included for those individuals at increased risk for a particular disease.

While your doctor will determine the tests that are right for you based on your age, gender and family history, here's a list of what is covered by your preventive health coverage.

## WELL-CHILD CARE (through age 18)

### Well-baby and Well-child Visits

- Periodic visits, depending on age

### Immunizations (as appropriate by age)

- Diphtheria, tetanus and acellular pertussis (DTaP)
- Haemophilus influenza b (Hib)
- Hepatitis A and B
- HPV: girls and women ages 9 to 26
- Influenza: annually between 6 and 59 months
- Measles-Mumps-Rubella (MMR)
- Meningococcal (MCV4)
- Pneumococcal conjugate (PCV) (pneumonia)
- Poliovirus (IPV)
- Rotavirus
- Varicella (chickenpox)

### Screenings (as appropriate by age)

- Blood Pressure
- Cholesterol: for those at risk
- Hearing and Vision: performed during the wellness visit
- Height and Weight
- Hemoglobin or Hematocrit: once a year for females after menarche
- Pap Test and Pelvic Exam

## ADULT CARE (after age 18)

### Well-man and Well-woman Visits

- Periodic visits, depending on age

### Immunizations such as:

- Hepatitis A and B (HBV): for those at risk
- HPV: girls and women ages 9 to 26
- Influenza: ages 19 to 49, as your doctor advises; ages 50+ annually
- Pneumonia: once for those ages 65+ (or younger for those with risk factors)
- Rubella (German Measles): women of childbearing age if not immune
- Tetanus-diphtheria (Td): every 10 years (or Tdap, as indicated)
- Varicella (chickenpox: if no evidence of prior immunization or chickenpox)
- Zoster: ages 60+

### Screenings

- Blood Pressure
- Cholesterol: ages 20+, every 5 years
- Diabetes: ages 45+, or if history of risk factor, every 3 years
- Mammogram: once a year for women ages 40+
- Osteoporosis: women ages 65+, 60 for women at high risk
- Pap Test: once a year for women ages 19 to 64
- Prostate (PSA): men ages 50+, once per year
- Ultrasound for abdominal aortic aneurysm: men ages 65 to 75 who have smoked
- Colorectal Cancer: ages 50+
  - Sigmoidoscopy: once every 5 years
  - Fecal Occult Blood Test: annually
  - Colonoscopy: once every 10 years
  - Barium Enema: once every 5 years

Other services which are not classified as preventive care but are generally covered under the medical benefit, include tests to investigate existing symptoms, tests to follow-up for results of screenings and tests to monitor an ongoing condition or prevent a current condition from becoming worse. Deductibles and coinsurance will apply.

## WOMEN DURING PREGNANCY

Pregnant women should visit their doctor or OB/GYN in their first trimester of pregnancy for an initial evaluation and to establish a prenatal care schedule. During this visit, your doctor will check your health and the health of your baby. Based on your individual medical history and trimester, your doctor may recommend additional tests and care.

*For more information please visit:  
[www.myCIGNA.com](http://www.myCIGNA.com) and click on  
"Preventive Health Guidelines."*



### Benefit Exclusions:

This document does not guarantee coverage for all preventive services. Immunizations for travel are generally not covered. Other non-covered services can include any medical service or device that is not medically necessary and any services and supplies for, or in connection with, experimental, investigational or unproven services. This document contains only highlights of preventive health services. The specific terms of coverage, exclusions and limitations, including legislated benefits, are included in the Summary Plan Description or Insurance Certificate.